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ANGINA MANAGEMENT

Angina is a symptom caused by not enough oxygenated blood supplied to the heart muscle, in order to meet the demand. It usually occurs because the heart’s arteries are narrowed from atherosclerosis. It does not cause heart damage, but it is a warning sign that needs to be treated right away. Do not exercise with angina symptoms.

**What does it feel like?**

* Chest discomfort – pain, pressure, squeezing, burning
* Back, neck, arm or jaw pain
* Indigestion sensation
* Shortness of breath
* Fatigue and/or nausea
* Women may experience different symptoms.

**Is my pain or discomfort angina?**

* Does it feel similar to your previous discomfort?
* Does it increase with activity/stress and get better with rest?
* Is the discomfort sensitive to touch or stretching?
* How long does it last?

**How can I prevent angina?**

- Doing a slow, gradual warm up of 5-10 minutes.

- Take your medications as prescribed.

- Exercise helps decrease the heart’s demand for blood and oxygen while increasing the heart’s supply of blood and oxygen.

NOTE: If your angina is increasing in frequency or severity or starts to occur with very low intensity exercise, please see your doctor.

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NITROGLYERINE SPRAY TREATMENT

If you feel an angina symptom of pain, discomfort or pressure during exercise:

1. Slow down immediately for 1 minute.
2. If it is not resolved, STOP exercising. Sit and rest for 1 minute.
3. If discomfort is completely gone, you may resume exercise at a lower and slower intensity.

**If discomfort is still there after 1 minute sitting down:**

* Check the expiry date on the bottom of the Nitroglycerin bottle
* Prime Nitroglycerin spray (spray a few times out in the air first)
* Do not shake the Nitroglycerin spray

**Follow Nitroglycerin Procedure:**

1. 1st spray under tongue. Wait 5 minutes.
2. If no relief, 2nd spray under tongue. Wait 5 minutes.
3. If no relief, 3rd spray under tongue. Wait 5 minutes.
4. If no relief, call 911. Do not drive yourself.

**Side effect:** Dizziness/light headedness and low blood pressure.

**Don’t** use Nitroglycerine if you have used:

***Viagra or Levitra*** within 24 hours or ***Cialis*** within 48 hours. Call 911.